

Girls

Update

Age on Day		Age 9			Age 10		
Race	Pool	Name	Date	Time	Name	Date	Time
50m Free	SC	Nancy Dean	26/11/2011	00:33.74	Marla Hendry	03/12/2022	00:31.50
50m Free	LC	Freya Nicholson	14/01/2024	00:32.54	Freya Nicholson	12/01/2025	00:31.97
100m Free	SC	Nancy Dean	12/03/2011	01:19.55	Alyssa Basinger	26/04/2014	01:11.33
100m Free	LC	Alyssa Basinger	11/05/2013	01:18.93	Freya Nicholson	25/01/2025	01:11.34
200m Free	SC	Philippa Carter	24/02/2001	02:39.92	Alyssa Basinger	13/04/2014	02:31.07
200m Free	LC	Alyssa Basinger	31/03/2013	02:47.31	Alyssa Basinger	05/04/2014	02:34.32
400m Free	SC	Alyssa Basinger	21/10/2012	06:03.58	Alyssa Basinger	13/04/2014	05:15.00
400m Free	LC	Nancy Dean	05/11/2011	05:53.64	Alyssa Basinger	05/04/2014	05:21.57
800m Free	SC	Zoe Rolls	02/04/2010	13:30.37	Zoe Rolls	22/04/2011	11:49.83
800m Free	LC	Alyssa Basinger	16/02/2013	12:19.23	Alyssa Basinger	17/04/2014	11:07.26
1500m Free	SC						
1500m Free	LC						
50m Breast	SC	Nancy Dean	27/11/2011	00:45.55	Nancy Dean	21/10/2012	00:41.51
50m Breast	LC	Nancy Dean	05/11/2011	00:48.58	Nancy Dean	03/11/2012	00:41.98
100m Breast	SC	Nancy Dean	24/04/2011	01:42.53	Nancy Dean	15/09/2012	01:32.48
100m Breast	LC	Alyssa Basinger	11/05/2013	01:51.51	Chloe Platt	27/01/2019	01:34.58
200m Breast	SC	Nancy Dean	27/11/2011	03:27.03	Nancy Dean	25/11/2012	03:07.36
200m Breast	LC	Sofia Clark	12/01/2025	03:44.60	Nancy Dean	27/05/2012	03:17.74
50m Fly	SC	Freya Nicholson	17/09/2023	00:38.65	Evie Nicholson	20/05/2023	00:34.92
50m Fly	LC	Freya Nicholson	27/01/2024	00:36.73	Freya Nicholson	25/01/2025	00:33.81
100m Fly	SC	Sofia Clark	16/11/2024	01:39.47	Zoe Rolls	23/04/2011	01:22.20
100m Fly	LC	Alyssa Basinger	11/05/2013	01:39.21	Freya Nicholson	11/01/2025	01:20.20
200m Fly	SC	Philippa Carter	24/02/2001	03:00.23	Philippa Carter	26/01/2002	02:52.15
200m Fly	LC	Zoe Rolls	09/05/2010	03:24.73	Zoe Rolls	29/05/2011	02:57.99
50m Back	SC	Freya Nicholson	03/03/2024	00:38.12	Caitlin Ireland	16/04/2016	00:36.76
50m Back	LC	Freya Nicholson	28/01/2024	00:38.33	Maisie Beresford Jones	14/01/2023	00:37.36
100m Back	SC	Evie Nicholson	25/06/2022	01:28.17	Philippa Carter	16/02/2002	01:20.46
100m Back	LC	Freya Nicholson	14/01/2024	01:27.28	Maisie Beresford Jones	15/01/2023	01:20.47
200m Back	SC	Florence Bloomfield	08/12/2024	03:01.97	Philippa Carter	26/01/2002	02:47.66
200m Back	LC	Laura Deadman	12/02/2011	03:13.92	Zebina George	16/12/2012	02:58.17
100m IM	SC	Freya Nicholson	03/03/2024	01:29.60	Philippa Carter	16/02/2002	01:20.57
100m IM	LC						
200m IM	SC	Nancy Dean	03/04/2010	03:03.58	Philippa Carter	16/02/2002	02:51.48
200m IM	LC	Nancy Dean	05/11/2011	03:15.60	Philippa Carter	09/02/2002	02:50.56
400m IM	SC	Adriana Barrueco Martinez	19/11/2022	08:34.60	Alyssa Basinger	12/04/2014	06:07.09
400m IM	LC	Alyssa Basinger	31/03/2013	07:03.09	Laura Deadman	11/02/2012	06:26.32

Girls

Update

Age on Day		Age 11			Age 12		
Race	Pool	Name	Date	Time	Name	Date	Time
50m Free	SC	Marla Hendry	02/12/2023	00:29.94	Hannah Gartshore	18/11/2023	00:28.89
50m Free	LC	Hannah Gartshore	11/03/2023	00:30.69	Hannah Gartshore	23/03/2024	00:29.55
100m Free	SC	Alyssa Basinger	11/04/2015	01:07.64	Hayley Morris	17/10/1998	01:02.39
100m Free	LC	Chloe Platt	12/01/2020	01:07.01	Constance Dean	11/06/2011	01:03.66
200m Free	SC	Alyssa Basinger	12/04/2015	02:23.45	Hayley Morris	25/04/1998	02:14.32
200m Free	LC	Alyssa Basinger	16/05/2015	02:22.36	Alyssa Basinger	12/03/2016	02:19.44
400m Free	SC	Alyssa Basinger	25/04/2015	04:53.54	Hayley Morris	31/10/1998	04:32.49
400m Free	LC	Alyssa Basinger	23/05/2015	04:59.95	Hayley Morris	06/08/1998	04:39.46
800m Free	SC	Alyssa Basinger	29/11/2014	10:28.07	Alyssa Basinger	24/10/2015	09:48.30
800m Free	LC	Alyssa Basinger	24/05/2015	10:00.79	Alyssa Basinger	14/05/2016	09:54.88
1500m Free	SC				Mia Littley	18/10/2024	19:28.41
1500m Free	LC				Alice Jones	12/01/2025	20:00.99
50m Breast	SC	Nancy Dean	06/10/2013	00:38.75	Nancy Dean	07/12/2014	00:36.74
50m Breast	LC	Chloe Platt	12/01/2020	00:38.41	Nancy Dean	15/11/2014	00:37.03
100m Breast	SC	Nancy Dean	06/10/2013	01:25.26	Bethany Neall	21/12/2014	01:20.77
100m Breast	LC	Nancy Dean	09/06/2013	01:25.02	Nancy Dean	15/06/2014	01:19.60
200m Breast	SC	Zebina George	10/05/2014	03:05.15	Bethany Neall	18/01/2015	02:55.46
200m Breast	LC	Nancy Dean	17/11/2013	03:01.38	Alyssa Basinger	28/05/2016	03:00.33
50m Fly	SC	Marla Hendry	02/07/2023	00:34.01	Isobel Benster	28/01/2017	00:31.12
50m Fly	LC	Chloe Platt	25/01/2020	00:33.41	Isobel Benster	29/05/2016	00:31.68
100m Fly	SC	Zoe Rolls	19/02/2012	01:15.56	Isobel Benster	04/12/2016	01:10.08
100m Fly	LC	Zoe Rolls	16/06/2012	01:13.57	Zoe Rolls	29/03/2013	01:11.47
200m Fly	SC	Zoe Rolls	04/03/2012	02:42.69	Zoe Rolls	03/03/2013	02:34.88
200m Fly	LC	Zoe Rolls	13/05/2012	02:40.14	Zoe Rolls	16/12/2012	02:35.94
50m Back	SC	Amelia Bell	28/01/2017	00:34.42	Isobel Benster	28/01/2017	00:33.22
50m Back	LC	Maisie Beresford Jones	28/01/2024	00:34.74	Maisie Beresford Jones	26/01/2025	00:33.32
100m Back	SC	Amelia Bell	14/01/2017	01:15.38	Amelia Bell	25/03/2018	01:09.27
100m Back	LC	Maisie Beresford Jones	14/01/2024	01:16.64	Amelia Bell	12/05/2018	01:12.90
200m Back	SC	Liv Howley	09/03/2014	02:43.33	Amelia Bell	24/03/2018	02:30.44
200m Back	LC	Zoe Rolls	16/06/2012	02:48.34	Liv Howley	04/04/2015	02:36.00
100m IM	SC	Alyssa Basinger	21/03/2015	01:17.61	Constance Dean	26/03/2011	01:14.61
100m IM	LC						
200m IM	SC	Alyssa Basinger	25/04/2015	02:44.22	Constance Dean	16/10/2011	02:31.20
200m IM	LC	Alyssa Basinger	17/05/2015	02:46.67	Hayley Morris	05/08/1998	02:34.01
400m IM	SC	Alyssa Basinger	08/03/2015	05:42.43	Alyssa Basinger	17/01/2016	05:26.96
400m IM	LC	Alyssa Basinger	24/05/2015	05:43.77	Zoe Rolls	02/06/2013	05:38.63

Girls

Update

Age on Day		Age 13			Age 14		
Race	Pool	Name	Date	Time	Name	Date	Time
50m Free	SC	Nancy Dean	22/11/2015	00:27.93	Abigail Dow	26/02/2012	00:27.13
50m Free	LC	Constance Dean	03/11/2012	00:28.39	Constance Dean	17/11/2013	00:27.57
100m Free	SC	Constance Dean	21/10/2012	00:58.62	Constance Dean	20/10/2013	00:59.00
100m Free	LC	Abigail Dow	21/07/2011	01:00.75	Abigail Dow	27/05/2012	00:59.60
200m Free	SC	Hayley Morris	27/02/1999	02:12.05	Hayley Morris	18/11/2000	02:07.13
200m Free	LC	Hayley Morris	03/08/1999	02:12.20	Constance Dean	09/06/2013	02:08.47
400m Free	SC	Hayley Morris	27/02/1999	04:34.16	Constance Dean	23/03/2013	04:24.97
400m Free	LC	Hayley Morris	05/08/1999	04:34.96	Constance Dean	16/11/2013	04:31.52
800m Free	SC	Hayley Morris	27/02/1999	09:15.56	Louise Ashford	18/10/2019	09:29.01
800m Free	LC	Hayley Morris	07/08/1999	09:34.61	Constance Dean	26/07/2013	09:17.89
1500m Free	SC	Louise Ashford	16/11/2018	18:59.30	Louise Ashford	10/11/2019	17:56.09
1500m Free	LC	Louise Ashford	26/01/2019	18:38.37	Louise Ashford	26/01/2020	18:22.32
50m Breast	SC	Nancy Dean	21/11/2015	00:34.19	Daria Poma Kostik	17/12/2015	00:33.65
50m Breast	LC	Maisie Cossins	29/06/2013	00:35.08	Maisie Cossins	06/04/2014	00:34.00
100m Breast	SC	Daria Poma Kostik	06/12/2014	01:13.04	Daria Poma Kostik	07/11/2015	01:12.47
100m Breast	LC	Charlotte Burfitt	22/07/2024	01:15.98	Maisie Cossins	05/04/2014	01:14.44
200m Breast	SC	Daria Poma Kostik	21/02/2015	02:36.54	Daria Poma Kostik	18/12/2015	02:34.24
200m Breast	LC	Charlotte Burfitt	26/07/2024	02:38.75	Charlotte Burfitt	12/01/2025	02:38.67
50m Fly	SC	Constance Dean	24/11/2012	00:30.45	Constance Dean	02/12/2012	00:29.46
50m Fly	LC	Constance Dean	03/11/2012	00:30.22	Constance Dean	16/11/2013	00:28.91
100m Fly	SC	Constance Dean	21/10/2012	01:05.69	Constance Dean	20/10/2013	01:03.86
100m Fly	LC	Constance Dean	23/07/2012	01:07.41	Constance Dean	25/07/2013	01:02.62
200m Fly	SC	Daria Poma Kostik	21/12/2014	02:30.11	Daria Poma Kostik	06/02/2016	02:25.65
200m Fly	LC	Zoe Rolls	17/05/2014	02:33.31	Zoe Rolls	23/05/2015	02:30.23
50m Back	SC	Amelia Bell	07/10/2018	00:31.63	Abigail Dow	17/03/2012	00:31.20
50m Back	LC	Amelia Bell	31/07/2019	00:32.23	Amelia Bell	26/01/2020	00:31.85
100m Back	SC	Amelia Bell	17/11/2018	01:08.41	Lola Mateos-Cantero	29/02/2020	01:06.86
100m Back	LC	Amelia Bell	01/08/2019	01:09.43	Amelia Bell	25/01/2020	01:08.32
200m Back	SC	Caitlin Ireland	14/04/2019	02:30.25	Amelia Bell	20/10/2019	02:26.18
200m Back	LC	Amelia Bell	30/07/2019	02:32.03	Amelia Bell	12/01/2020	02:30.16
100m IM	SC	Abigail Dow	26/03/2011	01:11.79	Constance Dean	23/03/2013	01:07.09
100m IM	LC						
200m IM	SC	Constance Dean	24/11/2012	02:23.69	Constance Dean	09/03/2013	02:24.78
200m IM	LC	Constance Dean	22/07/2012	02:26.54	Constance Dean	24/07/2013	02:20.28
400m IM	SC	Daria Poma Kostik	29/11/2014	05:13.90	Constance Dean	10/03/2013	05:04.17
400m IM	LC	Hayley Morris	02/08/1999	05:19.12	Constance Dean	09/06/2013	05:06.79

Girls

Update

Age on Day		Age 15			Age 16		
Race	Pool	Name	Date	Time	Name	Date	Time
50m Free	SC	Constance Dean	19/10/2014	00:26.50	Abigail Dow	09/03/2014	00:26.69
50m Free	LC	Constance Dean	12/04/2014	00:27.05	Abigail Dow	08/02/2014	00:27.37
100m Free	SC	Constance Dean	19/10/2014	00:57.12	Abigail Dow	08/03/2014	00:57.30
100m Free	LC	Constance Dean	09/02/2014	00:59.07	Constance Dean	31/01/2015	00:59.19
200m Free	SC	Hayley Morris	16/12/2001	02:03.74	Constance Dean	21/11/2015	02:02.08
200m Free	LC	Constance Dean	10/04/2014	02:06.29	Hayley Morris	01/12/2002	02:06.60
400m Free	SC	Constance Dean	22/03/2014	04:18.05	Constance Dean	21/11/2015	04:13.51
400m Free	LC	Constance Dean	10/08/2014	04:26.68	Constance Dean	23/05/2015	04:28.69
800m Free	SC	Bethany Neall	15/10/2017	09:22.45	Constance Dean	06/12/2014	08:56.79
800m Free	LC	Constance Dean	15/03/2014	09:15.55	Constance Dean	14/03/2015	09:02.97
1500m Free	SC	Olivia Then	23/11/2024	19:01.82	Elizabeth Ryan	12/11/2023	20:49.02
1500m Free	LC	Louise Ashford	13/03/2020	18:31.62	Louise Ashford	30/01/2022	18:02.10
50m Breast	SC	Daria Poma Kostik	15/12/2016	00:33.33	Maisie Cossins	08/11/2015	00:33.03
50m Breast	LC	Constance Dean	15/11/2014	00:33.82	Constance Dean	31/07/2015	00:33.32
100m Breast	SC	Daria Poma Kostik	14/01/2017	01:11.31	Constance Dean	07/11/2015	01:09.81
100m Breast	LC	Daria Poma Kostik	31/07/2016	01:13.23	Constance Dean	31/05/2015	01:13.69
200m Breast	SC	Daria Poma Kostik	16/12/2016	02:29.31	Constance Dean	08/11/2015	02:29.73
200m Breast	LC	Daria Poma Kostik	27/07/2016	02:37.79	Constance Dean	30/07/2015	02:35.79
50m Fly	SC	Constance Dean	08/03/2014	00:28.84	Constance Dean	07/03/2015	00:29.44
50m Fly	LC	Constance Dean	09/02/2014	00:28.46	Constance Dean	16/01/2015	00:28.64
100m Fly	SC	Constance Dean	19/10/2014	01:02.33	Constance Dean	06/12/2014	01:01.68
100m Fly	LC	Constance Dean	11/04/2014	01:01.82	Constance Dean	16/01/2015	01:03.18
200m Fly	SC	Daria Poma Kostik	20/11/2016	02:24.48	Constance Dean	07/03/2015	02:21.88
200m Fly	LC	Hayley Morris	06/05/2001	02:33.11	Daria Poma Kostik	28/01/2018	02:32.05
50m Back	SC	Abigail Dow	23/03/2013	00:30.48	Abigail Dow	22/03/2014	00:30.39
50m Back	LC	Abigail Dow	03/08/2013	00:30.96	Abigail Dow	09/02/2014	00:31.17
100m Back	SC	Abigail Dow	10/03/2013	01:04.49	Abigail Dow	09/03/2014	01:04.75
100m Back	LC	Abigail Dow	04/05/2013	01:07.70	Lola Mateos-Cantero	13/03/2022	01:06.80
200m Back	SC	Caitlin Ireland	03/07/2021	02:28.36	Caitlin Ireland	20/03/2022	02:26.61
200m Back	LC	Daria Poma Kostik	30/04/2016	02:36.99	Lola Mateos-Cantero	12/03/2022	02:24.01
100m IM	SC	Constance Dean	08/12/2013	01:05.37	Constance Dean	07/12/2014	01:04.46
100m IM	LC						
200m IM	SC	Constance Dean	08/03/2014	02:17.98	Constance Dean	07/11/2015	02:14.26
200m IM	LC	Constance Dean	28/06/2014	02:17.52	Constance Dean	28/07/2015	02:16.13
400m IM	SC	Daria Poma Kostik	18/12/2016	04:59.25	Constance Dean	07/11/2015	04:43.74
400m IM	LC	Constance Dean	25/07/2014	04:51.82	Constance Dean	01/08/2015	04:52.15

Girls

Update

Age on Day		Age 17			Age Open		
Race	Pool	Name	Date	Time	Name	Date	Time
50m Free	SC	Abigail Dow	06/12/2014	00:26.46	Abigail Dow	06/12/2014	00:26.46
50m Free	LC	Hui Qing Liew	15/01/2022	00:28.37	Constance Dean	12/04/2014	00:27.05
100m Free	SC	Abigail Dow	19/10/2014	00:56.75	Abigail Dow	19/10/2014	00:56.75
100m Free	LC	Hayley Morris	21/06/2003	01:01.35	Constance Dean	09/02/2014	00:59.07
200m Free	SC	Constance Dean	16/01/2016	02:02.55	Constance Dean	21/11/2015	02:02.08
200m Free	LC	Constance Dean	14/05/2016	02:05.11	Constance Dean	14/05/2016	02:05.11
400m Free	SC	Constance Dean	06/11/2016	04:15.81	Constance Dean	21/11/2015	04:13.51
400m Free	LC	Louise Ashford	09/04/2022	04:31.01	Constance Dean	10/08/2014	04:26.68
800m Free	SC	Louise Ashford	06/11/2022	08:59.24	Louise Ashford	17/12/2023	08:56.26
800m Free	LC	Constance Dean	30/01/2016	09:00.87	Constance Dean	30/01/2016	09:00.87
1500m Free	SC	Louise Ashford	03/12/2022	17:00.18	Louise Ashford	03/12/2022	17:00.18
1500m Free	LC	Louise Ashford	10/04/2022	17:52.49	Louise Ashford	23/02/2024	17:30.11
50m Breast	SC	Maisie Cossins	06/11/2016	00:33.12	Maisie Cossins	08/11/2015	00:33.03
50m Breast	LC	Maisie Cossins	18/04/2017	00:33.14	Maisie Cossins	18/04/2017	00:33.14
100m Breast	SC	Constance Dean	19/12/2015	01:09.04	Constance Dean	19/12/2015	01:09.04
100m Breast	LC	Constance Dean	24/01/2016	01:11.65	Constance Dean	24/01/2016	01:11.65
200m Breast	SC	Constance Dean	18/12/2015	02:30.35	Daria Poma Kostik	16/12/2016	02:29.31
200m Breast	LC	Constance Dean	13/04/2016	02:34.02	Constance Dean	13/04/2016	02:34.02
50m Fly	SC	Constance Dean	16/01/2016	00:28.50	Constance Dean	16/01/2016	00:28.50
50m Fly	LC	Daria Poma Kostik	05/05/2018	00:30.07	Constance Dean	09/02/2014	00:28.46
100m Fly	SC	Constance Dean	17/01/2016	01:03.28	Constance Dean	06/12/2014	01:01.68
100m Fly	LC	Constance Dean	02/05/2016	01:02.24	Constance Dean	11/04/2014	01:01.82
200m Fly	SC	Daria Poma Kostik	30/09/2018	02:26.45	Constance Dean	07/03/2015	02:21.88
200m Fly	LC				Zoe Rolls	23/05/2015	02:30.23
50m Back	SC	Abigail Dow	06/12/2014	00:30.32	Abigail Dow	06/12/2014	00:30.32
50m Back	LC	Caitlin Ireland	14/01/2023	00:32.11	Abigail Dow	03/08/2013	00:30.96
100m Back	SC	Abigail Dow	19/10/2014	01:04.38	Abigail Dow	19/12/2015	01:03.69
100m Back	LC	Caitlin Ireland	15/01/2023	01:09.72	Nicole Ryan	26/07/2024	01:06.75
200m Back	SC	Caitlin Ireland	06/11/2022	02:23.19	Caitlin Ireland	06/11/2022	02:23.19
200m Back	LC	Caitlin Ireland	14/01/2023	02:29.89	Lola Mateos-Cantero	12/03/2022	02:24.01
100m IM	SC	Constance Dean	18/12/2015	01:02.13	Constance Dean	18/12/2015	01:02.13
100m IM	LC						
200m IM	SC	Constance Dean	17/12/2015	02:13.04	Constance Dean	17/12/2015	02:13.04
200m IM	LC	Constance Dean	16/04/2016	02:15.64	Constance Dean	22/04/2017	02:15.34
400m IM	SC	Constance Dean	17/01/2016	04:43.57	Constance Dean	14/01/2017	04:41.56
400m IM	LC	Constance Dean	26/07/2016	04:45.46	Constance Dean	26/07/2016	04:45.46